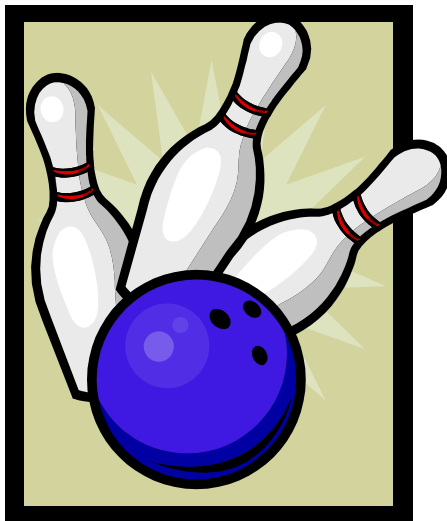


ASD Family Help

Your local Autism Support Charity



Activities & Support



Activities

<http://asdfamilyhelp.org/whatwedo.html>

ASD Family Help Social Activities for Children, Young People & Adults with an ASD – see website & newsletter for dates

BOWL & LQ at Wokingham Superbowl <http://www.wokinghamsuperbowl.com/>
Participants must be able to access Activities in a small group (i.e. 1 adult to 3 children) – see website & newsletter for dates

Age Under 7 -	2nd Saturday of the month	10am to 11.30am	£3
Ages 7+ to 11 -	Alternate Wednesdays	4.30pm to 6.30pm	£5
Ages 12 to 17 -	Alternate Wednesdays	6pm to 8pm	£5

Contact Hilary hilary@asdfamilyhelp.org

User Led Young Carers/Siblings (Social Activities) Group

Ages 12 – 17

One evening Monthly PLUS during the School Holidays a special day or evening Social Activity chosen by the Young People. £5

Contact Hilary.... hilary@asdfamilyhelp.org

Sorted through Sported'

is a project for 1 year to enable Young Siblings/Carers, ages 11-25 years to have access to sport through 10-Pin-Bowling every other week, with support from both staff and volunteers, with the aim of progressing the Young People to be active members of the local Young People's Bowling Leagues. These Young People will also have the opportunity to become Young Volunteers, for the special needs activities, to gain further life skills experience and build their confidence.

Saturdays 9.45-11.45am

£5

Contact Hilary.... hilary@asdfamilyhelp.org

Adult Pub and Meal Night - 3 Frogs Club

3rd Thursday of the month PLUS 'Days Out'

Ages 18+

ASD Social Group where adults (18+) with Asperger Syndrome/autism who require little or no supervision and are comfortable in a group setting can make friends and enjoy a meal and a chat. Their partners, support, and friends are also welcome.

'Days out' also arranged throughout the year. .

Contact Robert.... robert@asdfamilyhelp.org

ASD Family Help PARENT/CARER Activities & Events

Male Parents/Carers - Evening Social Events & Overnights

Bookings also being taken for future events – BOWL / Meal & Over Night Hotel Break – Date TBA

Contact...Jayne.... admin@asdfamilyhelp.org

Female (Ladies) Parents/Carers - Evening Social Events & Overnights

Contact Rachael.... rachael@asdfamilyhelp.org

Parents/Carers (Couples??) - Overnight/Weekend Breaks

Contact Hilary.... hilary@asdfamilyhelp.org

ASD Families (ages 0 – 99) Exclusive Use of Bowl & Laser Quest

Contact Cathy.... contact@asdfamilyhelp.org

ASD Family Help PARENT/CARER Support Information

ASDFH - Bulmershe Monday ASD Adults & Carers Club

Weekly on Mondays (except Bank Holidays and Christmas/New Year period) from 9.30am to 11.30am. Held at Bulmershe Youth Centre in Woodlands Avenue Woodley RG5 3EU (above Bulmershe Leisure Centre) **CHILDREN WELCOME - Arts, Crafts and Play always available! Training delivered here (as advertised)**

ASDFH – Woodley Carers Evening Drop-In & Coffee

Monthly on Wednesdays 7pm to 8.30pm (see website for dates)

ASDFH - Finchampstead Carers Coffee & Support Meetings

Monthly on Tuesdays (see website for dates & times)

ASDFH - Office Appointments (Wokingham)

Wednesday (except during school holidays)

Meet with ASD Adults, Parents & Carers on an 'appointment only' basis. This service will offer you a 1:1 private meeting to enable time to complete forms, and offer advice & information with ASD Family Help Staff &/or Volunteers. Appointments available with Hilary or Jayne 10am-12noon. (This service is by appointment only, please email us contact@asdfamilyhelp.org or by text to 07707 660 599 if you wish an appointment arranged).

Venue: ASD Family Help at Wokingham Volunteer Centre, The Ritz Plaza (same building as Curves), 10 Denton Road, Wokingham RG40 2DX – next to the Fire Station.

About ASD Family Help

We aim to help improve services for children and adults with ASD, their parents, carers & professionals, through raising awareness of ASD by providing (subject to funding):-

- support to parents/carers through weekly support meetings,
- free advice and information through email, face-to-face, and our website
- social activities for ASD Children and Young People
- social activities for ASD Adults
- social activities for families,
- evening & overnight breaks for Female Family Carers
- evening & overnight breaks for Male Family Carers
- training for families & across the Borough
- Life Skills & Customer Service Training to Adults with ASD.
- Employment to Adults with ASD
- Social Activities for Young Carers/Siblings

The ASD Family Help charity is a 'User Led' independent & voluntary group that offers free support & advice to individuals on the autistic spectrum, their parents, carers and professionals within the Wokingham Borough.

We aim to help improve services for children & adults with ASD, provide support to parents & carers, provide advice, information, signposting & training across the Borough & raise awareness of Autistic Spectrum Disorder's. (ASD).

We offer - Information/Advice/Support/Signposting/Training

About - Education/Employment/Benefits/Social Activities/Housing

For - Adults with an ASD Parents & Carers of children or adults with ASD This list is just an example. We are a User Led Organisation & therefore welcome ideas about what you would like from us!

Our Events

Not just for ASD - our events are open to all (any age) affected by:
ASD /ADHD / OCD / ODD
Learning Difficulties
Learning Disabilities
Complex Needs (PMLD)

More useful links and information

http://search3.openobjects.com/kb5/wokingham/info/families_results.page?qt=&term=&familieschannel=300

The above link will take you to Wokingham Borough Councils website for a full list of activities for Children with Additional Needs.